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AMENDMENTS TO THE CLAIMS

Claims 1-8 cancelled.

- 9. (New) A rail seat which includes:
 - a) a rail tie;
- b) a pair of rail fastening support shoulders mounted on said rail tie so that a rail can be held to the tie between said shoulders, each shoulder having a rail face and side portions on each side of said rail face wherein the side portions extend away from the rail;
- c) a rail pad adapted to lie on said tie between said shoulders which has a pair of projections extending parallel to the tie alongside each said side portion of each shoulder, said projections having a vertical thickness greater than the rest of the rail pad;
- d) a deep post insulator having a post portion lying between the rail face of the support shoulder and the edge of the rail pad parallel to the edge of the rail;
- e) each support shoulder has a projection extending from each said side portion against which a face of the rail pad projections abut to locate the pad in position to accommodate the post of the insulator.
- 10. (New) A rail seat as claimed in claim 1 together with a recess for the post of the insulator and having a web which is a thin extension of the rail pad on which the deep post insulator seats.
- 11. (New) A rail seat as claimed in claim 1 in which the face of the said projections which abut said sides of the support shoulders includes a resilient tab which creates a force fit between the rail pad and the support shoulder.
- 12. (New) A rail seat which includes
 - a) a rail tie;
- b) a pair of rail fastening support shoulders mounted on said rail tie so that a rail can be held to the tie between said shoulders, each shoulder having a rail face and side portions on each side of said rail face wherein the side portions extend away from the rail;

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- c) a rail pad adapted to lie on said tie between said shoulders which has a pair of projections extending parallel to the tie alongside each said side portion of each shoulder, said projections having a vertical thickness greater than the rest of the rail pad;
- d) an insulator having a post portion lying between the rail face of the support shoulder and the edge of the rail pad parallel to the edge of the rail;
- e) wherein a recess for the post of the insulator has a web which is a thin extension of the rail pad on which the deep post insulator seats.
- 13. (New) A rail seat as claimed in claim 12 in which the face of the said projections which abut said sides of the support shoulders includes a resilient tab which creates a force fit between the rail pad and the support shoulder.
- 14. (New) A rail seat as claimed in claim 12 in which each support shoulder has a projection extending from each said side portion against which a face of the rail pad projections abut to locate the pad in position to accommodate the post of the insulator.
- 15. (New) A rail pad for use in a rail seat of claim 12 adapted to lie on a rail tie between rail fastening support shoulders which has:
- a) a pair of projections extending parallel to the tie alongside each said side portion of each shoulder, said projections having a vertical thickness greater than the rest of the rail pad;
- b) in the recess for the post of the insulator, a web which is a thin extension of the rail pad on which the deep post insulator seats;
- c) on the face of the said projections which abut said sides of the support shoulders, a resilient tab which creates a force fit between the rail pad and the support shoulder.